

MORE...

Call to schedule an appointment.

Our Normal business hours are

Monday—Friday 4:30pm to 9pm and

Saturdays from 10:00am to 1:00pm.

ASK ABOUT OUR
BIRTHDAY
PARTIES!



www.bcmakarate.com



Bucks County Martial Arts
P.O. Box 1646
Levittown PA 19055



**Vermillion Square
Shopping Center**

(215) 949-2678

E-mail: bcmartialarts@verizon.net

COURTESY

INTEGRITY

PERSEVERANCE

SELF CONTROL

INDOMITABLE SPRIT

ABOUT US

Bucks County Martial Arts offers a **variety of different programs** for men, women, and children of all ages. Our staff specializes in several martial arts backgrounds including **Tae Kwon Do, Grappling, Self Defense and Kickboxing**. With over **50 years of combined experience** we are confident that we can help you achieve the physical and mental goals that you are looking for.

FOR KIDS

Our Karate programs offers a unique blend of training that caters to different age groups and levels of experience.

Our **Little Dragon's** Program is designed for children ages 3-5. Children in this class will learn the basics of the martial arts and will develop balance, coordination, and listening skills in a fun and safe environment.

For children ages 5-13, our **Children** program is designed to develop life skills such as listening, focus, self discipline, and self control. This program also includes training in Tae Kwon Do, self defense, and sparring.



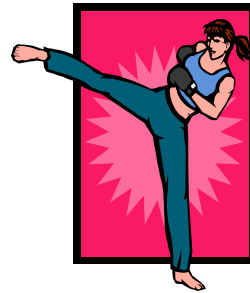
TEENAGERS/ADULTS

Our **Adult Only** classes are perfect for teenagers and adults who are looking to get in shape and enhance their self defense training. These classes are geared for students 14 and over and will focus on practical self defense training, conditioning, and traditional Tae Kwon Do. Our **Advanced programs** will include traditional weapons training, board breaking, leadership, and junior instructor training.



Cardio Kickboxing

We also offer Cardio Kickboxing for women (and men with female family). This is the perfect choice for those who are looking to get in shape and tone their body without the tradition of a martial arts class.. There are no belts or uniforms and you can workout at your own pace.



CLASS STRUCTURE

The majority of our classes are taught in a group structure separated by experience and/or age groups. However, there may be times during your training where you will miss a class or need help in certain areas. If this happens, you can schedule a private session with an instructor.



TRIAL PROGRAM

The best way to find out if Martial Arts is right for you is to try it. We offer 2 Introductory classes to give you an opportunity to try it with no obligation. Speak with a staff member to schedule your introductory course.